



# May 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>Call us for more information!</b></p>  <p><b>(305) 805-5160</b></p>	<p><b>1</b></p> <p>9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Tuna Salad &amp; Soup</p> <p><u><b>Raffle Items on Display</b></u></p>
<p><b>4</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: Stuffed Cabbage</p> <p>12:15 pm – <b>BINGO</b></p> <p>12:45 pm-<b>DRUMMING CLASS</b> (Class meets at the Senior Center)</p>	<p><b>5</b></p> <p>9:00 am –<b>WEIGHT TRAINING</b> 9:30 am – <b>SR. FLOOR YOGA</b> (Classes meet at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Herbed Chicken</p> <p>12:15 pm – <b>"FALL PREVENTION"</b> -Maritza Lopez, Catholic Hospice</p> <p>12:30 pm - <b>TAI CHI</b> (Class meets at the Community Center)</p>	<p><b>6</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes are at the Senior Center)</p> <p>10:30 a.m. –12:00 noon: <b>Free BLOOD PRESSURE SCREENING</b></p> <p>11:30 am – LUNCH: Shredded Pork Sandwich</p> <p>12:15 pm – <b>"HOW TO MAINTAIN YOUR BLOOD PRESSURE"</b> -Dr. Vieira (sponsored by Humana)</p>	<p><b>7</b></p> <p>9:00 am –<b>WEIGHT TRAINING</b> 9:30 am – <b>SR. FLOOR YOGA</b> (Classes meet at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Roast Turkey</p> <p><u><b>Raffle Items Awarded</b></u></p> <p>12:30 pm- <b>NO TAI CHI TODAY</b> (Classes will resume 4/19)</p> <p>12:45 pm–Grocery Shopping</p>	<p><b>8</b></p> <p>9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Breaded Fish Wedge</p> <p>12:15 pm – <b>"EGGS"</b> -A presentation by the Pelican Players' Puppeteers</p> <p>12:45 pm - <b>ART CLASS</b> (Class meets at the Senior Center)</p>
<p><b>11</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Brisket of Beef</p> <p>12:15 pm – <b>Mother's Day Celebration</b> (Dessert provided by Comm'r. Sosa)</p> <p>12:15 pm – <b>BINGO</b></p> <p>12:45 pm-<b>DRUMMING CLASS</b> (Class meets at the Senior Center)</p>	<p><b>12</b></p> <p>9:00 am –<b>WEIGHT TRAINING</b> 9:30 am – <b>SR. FLOOR YOGA</b> (Classes meet at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Arroz con Pollo</p> <p>12:15 pm –<b>POST-LEGISLATIVE SESSION UPDATE</b> -Representative Bryan Avila</p> <p>12:30 pm- <b>NO TAI CHI TODAY</b></p> <p>5:00–8:30 pm : <b>SPRING FLING</b> Dinner, Entertainment, Door prizes <b>Reservations required -- \$5.00</b></p>	<p><b>13</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Pulled Pork</p> <p>12:15 pm – <b>"LIVING WILLS &amp; TRUSTS"</b> -Caridad Amores, Esq.</p>	<p><b>14</b></p> <p>9:00 am –<b>WEIGHT TRAINING</b> 9:30 am – <b>SR. FLOOR YOGA</b> (Classes meet at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Meatloaf</p> <p>12:15 pm – <b>"LIVING with LOW VISION"</b> -Raquel Van Der Beist Miami Lighthouse for the Blind</p> <p>12:30 pm- <b>NO TAI CHI TODAY</b> (Classes will resume 4/19)</p> <p>12:45 pm–Grocery Shopping</p>	<p><b>15</b></p> <p>9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Vegetarian Lasagna</p> <p>12:30 pm - <b>ART CLASS</b> (Class meets at the Senior Center)</p>
<p><b>18</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: Baked Ham</p> <p>12:15 pm – <b>BINGO</b></p> <p>12:45 pm-<b>DRUMMING CLASS</b> (Class meets at the Senior Center)</p>	<p><b>19</b></p> <p>9:00 am –<b>WEIGHT TRAINING</b> 9:30 am – <b>SR. FLOOR YOGA</b> (Classes meet at the Curtiss Mansion)</p> <p>9:30 am–12:00 pm: <b>Free SCREENINGS for FALL RISK</b> -Karen Lagares, PT Manager -sponsored by St. Catherine's West Rehab Hospital &amp; Villa Maria West</p> <p>11:30 am – LUNCH: Ropa Vieja</p> <p>12:30 pm - <b>TAI CHI</b> (Class meets at the Optimist Club)</p>	<p><b>20</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Turkey</p> <p>12:05 pm – <b>CRIME WATCH PROGRAM</b> MSPD Community Policing Office</p>	<p><b>21</b></p> <p>9:00 am –<b>WEIGHT TRAINING</b> 9:30 am – <b>SR. FLOOR YOGA</b> (Classes meet at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Chicken Cacciatore</p> <p> <b>12:00 pm - BIRTHDAY &amp; ANNIVERSARY PARTY</b></p> <p>12:30 pm - <b>TAI CHI</b> (Class meets at the Optimist Club)</p> <p>12:45 pm–Grocery Shopping</p>	<p><b>22</b></p> <p>9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Egg Salad &amp; Soup</p> <p>12:30 pm - <b>ART CLASS</b> (Class meets at the Senior Center)</p> <p><b>Box lunches distributed for Memorial Day closure!</b> Volunteers needed to set up for Tuesday's Rummage Sale</p>
<p><b>25</b></p> <p><b>MEMORIAL DAY</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>26</b></p> <p>9:00 am –<b>WEIGHT TRAINING</b> 9:30 am – <b>SR. FLOOR YOGA</b> (Classes meet at the Curtiss Mansion)</p> <p>10:30 –12:15 pm: </p> <p>11:30 am – LUNCH: BBQ Chicken</p> <p>12:30 pm - <b>TAI CHI</b> (Class meets at the Optimist Club)</p>	<p><b>27</b></p> <p>9:00 am – <b>CHAIR YOGA</b> 10:30 am – <b>"LET'S DANCE"</b> (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Pork</p> <p>12:15 pm – <b>BINGO</b></p> <p>12:45 pm-<b>DRUMMING CLASS</b> (Class meets at the Senior Center)</p>	<p><b>28</b></p> <p>9:00 am –<b>WEIGHT TRAINING</b> 9:30 am – <b>SR. FLOOR YOGA</b> (Classes meet at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Bistec en Cazuela</p> <p>12:30 pm - <b>TAI CHI</b> (Class meets at the Optimist Club)</p> <p>1:15 pm – <b>FIELD TRIP: WAL-MART</b> \$.50/person (16 may go)</p>	<p><b>29</b></p> <p>9:00 --11:00 am: <b>"CELEBRATION" WORKOUT</b> (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Tuna Salad &amp; Soup</p> <p>12:30 pm - <b>ART CLASS</b> (Class meets at the Senior Center)</p>